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Eren Cervantes-Altamirano opened her mailbox Wednesday morning to find a note that reads "Canada is no place for immigrants or terrorists. Go back home."
HALEY RITCHIE/METRO



'GO BACK HOME'

Muslim Mexican immigrant targeted in racist letter

metroNEWS

Hopes soar for Ottawa-Beijing

metr EXCLUSIVE
Mayor looks to forge capital-to-capital flight



Lucy Scholey
Metro | Ottawa
IN CHINA

Mayor Jim Watson wants direct flights connecting Ottawa to Beijing, to fling open the city's doors to more tourists.

It's an issue that has cropped up during his economic mission with a group of Ottawa business delegates to China's capital this week.

In May, Air Canada announced a revenue-sharing deal with Air China to fly directly from Montreal to Beijing. While this helped bring Chinese tourists to the nation's capital, Ottawa could

benefit from a direct route, said Watson.

"The challenge is sort of a chicken-and-egg situation — if there's not enough customers, they don't justify a plane and if there's not enough planes, there's no customers," he said.

On this economic mission, the mayor has been waving the Ottawa 2017 flag — heralding Canada's sesquicentennial — in meetings with major Chinese tour operator Beijing Caisa International Travel Service, Beijing Tourism, the World Cities Tourism Federation and China's Ministry of Culture. Beijing will

be a tourist hub for the Winter Olympics in 2022.

A Beijing-Ottawa flight likely won't be ready by 2017, but maybe in the next five to seven years, said the mayor.

From 2005 to 2014, Ottawa has seen an increase in Chinese visitors from 117,000 to more than 450,000 a year. If the numbers continue to soar, it could build a case for Air Canada or Air China to provide those flights, said Watson.

Invest Ottawa president and CEO Bruce Lazenby said he's also pushing for a direct flight to San Francisco, to lure investors to the capital.

"People can invest anywhere in the world and like water, investors have a tendency to take the easiest path," he said. "If there's a direct flight, it just makes it easier."



Jim Watson METRO

Paris attacks mastermind may be among dead

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THINGS TO WATCH AS THE MIKE DUFFY TRIAL RESUMES

You may have thought Sen. Mike Duffy's trial was over. You may have forgotten it happened in the first place. But the senator's trial on 31 charges including fraud and breach of trust starts its fourth act at the Elgin Street courthouse on Thursday. Here are five things to look for as the trial resumes.

MICHAEL WOODS METRO



3 Defence witnesses

It's not clear how many witnesses Duffy's defence lawyer Donald Bayne intends to call, or who they might be, other than the senator himself. Some have speculated that former prime minister Harper could be called as a witness, but there has never been any indication that he would be.

Adrian Wyld/The Canadian Press



4 Length of proceedings



The trial is scheduled to wrap up by Dec. 18. But knowing Bayne's thorough and meticulous approach, and with it unknown how many defence witnesses he will call, it's possible even more time could be needed. At least a week is set aside for the lawyers to make their closing arguments.

Justin Tang/The Canadian Press



1 Duffy to the stand

Defence lawyer Donald Bayne has said he intends to call his client as a witness. At the height of the scandal surrounding his expenses in 2013, Duffy gave two thunderous speeches in the Senate proclaiming his innocence, saying he was merely going along with a "monstrous political scheme" concocted in the Prime Minister's Office. If his expected testimony in court has even half as much intrigue and drama, it will be fascinating.

Justin Tang/The Canadian Press



2 Court in session

The beginning of the Duffy trial — and its climax in August — attracted all kinds of political and legal watchers to the courthouse, many of whom would line up early in the morning for access to the courtroom. Hordes of journalists attended, as well. With the Conservative government gone, it will be interesting if the turnout wanes.

Sean Kilpatrick/The Canadian Press

5 Gerald Donohue's testimony

Prior to Duffy's likely testimony, Donohue is expected to take the stand as a Crown witness. An old friend of Duffy's, he will likely be asked about \$64,000 worth of Senate contracts his companies were awarded by Duffy's office, which the RCMP allege were for "little or no apparent work." Donohue has been in poor health and finding time for him to testify has been a difficulty throughout the trial.

Sean Kilpatrick/The Canadian Press

BELL MEDIA LAYOFFS

'Even today I keep looking at the clock': ex-CFRA host



Joe Lofaro
Metro | Ottawa

The social media uproar on Tuesday following the news of sweeping staff cuts of veteran journalists at CTV Ottawa and CFRA is a telling sign of the impact they had on the community.

CFRA talk show host Rick Gibbons and longtime CTV Ottawa co-anchor Carol Anne Meehan were some of the well-known

public voices and faces on Bell Media's chopping block.

Other affected employees include CTV's Carolyn Waldo and Lois Lee, as well as CFRA's Shelley McLean and several other announcers and behind-the-scenes staff at the radio station.

For Gibbons, former publisher of the Ottawa Sun, he's been on the other end of staff cuts in the past, but this time was clearly a different experience.

"On a personal note, it's tough to abruptly end all the routines

and ignore all the deadlines that framed your work day," he wrote in an email to Metro.

"It's not like you just turn off the radio and go home. Even today, I keep looking at the clock."

Amidst all the bad news, Gibbons said there was no real time for a proper farewell and hopes to reconnect with his colleagues over laughs and beers after the dust settles.

In the meantime, he's "overwhelmed" by the feedback in the last 24 hours from friends,

colleagues, and several listeners. Some of it positive, but also some negative, too.

It appeared most of the outrage directed to Bell Media over the cuts centred around the loss of Meehan on CTV Ottawa. She was a fixture on people's television screens for three decades.

"It's awful! In our household, @CarolAnneCTV is our fav news anchor! #switchnews #ctv #ottnews," wrote Twitter user @IKnowSerge.

An online petition asking Bell

Media to reconsider letting her go has attracted nearly 10,000 signatures in about 24 hours.

Gibbons said the heartfelt public request is a reflection of who Meehan is: "Warm, authentic and genuinely caring. She is a great gal And I join the legion of Ottawans who say they will miss her in our family rooms."

Meehan publicly responded on Twitter to the thousands who denounced her sudden departure: "#ottnews #ctvottawa. Thank you Ottawa."



Rick Gibbons YOUTUBE

RCMP

Man caught with knife appears in court

A Toronto man has been charged with carrying a concealed knife after the RCMP allege he had a meat cleaver on him when he was arrested by security officials on Parliament Hill Tuesday.

Yasin Ali, 56, was detained by the Parliamentary Protective Service as he was waiting in line outside Centre Block for a tour inside Parliament, according to the Crown prosecutor.

The Crown said security guards asked him to open his coat and saw the kitchen knife tucked into his waistband, which was about seven inches long and four inches wide.

Defence lawyer Peter Azzi requested his client be assessed by a doctor and return to mental health court on Friday.

"There seems to be some mental health issues," he told Metro after appearing in court Wednesday.

The incident comes as security forces remain on high alert following the recent deadly terror attacks in Paris and Beirut.

Centre Block, which includes the House of Commons, the Senate and the Peace Tower, is a popular destination for tourists visiting Ottawa and many cabinet ministers have offices there.

Security at Centre Block was beefed up after Oct. 22, 2014, when Michael Zehaf Bibeau stormed the building armed with a knife and a rifle and was killed in a hail of gunfire. Moments earlier, he had shot Cpl. Nathan Cirillo at the National War Memorial before getting in a car, driving a short distance and running up the Centre Block driveway.

The Parliamentary Protective Service, a new RCMP unit, was created in the wake of the attack.

JOE LOFARO/METRO

CHRISTMAS CONCERT

'The more the voices, the more the spirit'

The sounds of Christmas music will soon fill the Immaculate Heart of Mary Church in Alta Vista so that hungry stomachs can also be filled.

The church is counting down to its 24th annual Alta Vista Christmas Concert on Dec. 6 at 3 p.m. The hour-and-a-half-long event serves as a fundraiser for the Heron Emergency Food Centre, raising almost \$100,000 over the past 24 years.

"And that's no small feat for amateurs," said Helen McGurrian, who has been a member of the Immaculate Heart of Mary Choir for about two decades.

Last year, the event generated \$10,000 — the most ever — for the local food centre, both through sponsorships and donations at the door.

"It just blew our minds away," said McGurrian said, adding the need is great. "It's frightening."

The goal of the concert organizing committee and those spear-

heading the fundraising efforts is to raise enough money to allow the neighbourhood food centre to purchase fresh food for those it helps. Efforts to generate sponsorship support and donations for the food centre in advance of the concert began in October.

The musical lineup for the late-afternoon concert will feature the same three choirs, including the Immaculate Heart of Mary Church Choir; the Kanata Choral Society and the Ottawa Wind Ensemble, a 35-member orchestral group. New this year, the Ottawa Catholic School Board Chamber Choir will take the stage. The group features 40 students in grades eight to 12.

"The more the voices, the more the spirit," she said. "I still get a little choked up when we're singing the mass choir pieces. I have to concentrate on the singing techniques so that the tears don't start."

ERIN MCCracken/METROLAND MEDIA

TRAFFIC

Expect delays during Help Santa Toy Parade

The City of Ottawa is advising motorists to expect delays caused by road closures on Saturday for the Help Santa Toy Parade.

The parade, now in its 45th year, starts at 11 a.m. and lasts until about 1:30 p.m. During that time, the following roads will be closed:

- Eastbound lanes on Wellington Street from Old

Wellington Street and Bank Street

- Bank Street from Wellington Street to Laurier Avenue
- Laurier Avenue from Bank Street to Ottawa City Hall

The parade will start at the National Archives on Wellington Street, travel east on Wellington Street, turn right on Bank Street, then left on Laurier Avenue ending at Ottawa City Hall. METRO

China may challenge Canada's tech sector

TECHNOLOGY

Nation moving focus from assembly to innovation



Lucy Scholey
Metro|Ottawa
IN CHINA

The ubiquitous "Made in China" label could gradually give way to "Invented in China," as the world's manufacturing powerhouse eyes the tech and innovation industry.

But that move, from tech assembler to tech mastermind, could also challenge hopes for Canada's budding innovation sector to grow overseas — particularly in Ottawa, once known as the Silicon Valley of the North.

"Up until now, we've sort of cornered the market on innovation, so what they're doing now is they're creeping into our market," said Bruce Lazenby, president and CEO of Invest Ottawa, who's in Beijing on an economic mission this week.

"The bad news is, we've got a new competitor in the market; the good news is, it's going to push us to a higher level, so we just have to keep getting better and faster."

In a Beijing hotel on Wednesday, the chairs at the back of a conference room were full, as more than 100 Chinese investors waited their turn in a speed-dating type session with Ottawa business owners.

Invest Ottawa, which has organized the trip for the crew of roughly a dozen tech business owners — including a mobile



Ottawa mayor **Jim Watson** checks out a centerpiece in the World China Hotel in Beijing on Nov. 18, where he wrapped up a presentation before 100 potential Chinese investors, looking to meet with a delegation of Ottawa business owners. LUCY SCHOLEY/METRO

“The good news is, it's going to push us to a higher level, so we just have to keep getting better and faster.”

Bruce Lazenby

software developer, a chemical recycling company and a medical engineering design firm — has been promoting the national

capital as the country's innovation centre.

"There's significant more effort being put on the foreign markets because that's where our growth as a city is going to take place," said Ottawa Mayor Jim Watson who is attending the economic mission overseas.

Scott Bradley, vice president of corporate affairs mobile smartphone company Huawei Canada, sees China's move to become the tech mastermind, rather than the assembler, as a good thing.

"The fact that China is making investments and looking for ideas

can help leaders in developing new technologies," he said. "This is where Ottawa has been trying to be relevant."

According to the China Daily newspaper, Chinese-based Huawei, which has an office in Kanata, earned the second-highest earning private company in the country, with 288.2 billion yuan in operating revenues — or \$60.1 billion CDN. Meanwhile, Watson is wrapping up the Beijing leg of his overseas trip on Thursday, at which point he will fly to Bangkok for the massive One Young World Summit.

AGCO

Grocery stores approved to sell beer

Thirteen grocery stores and chains across Ontario have been chosen to sell beer as the Liberal government aims to have up to 60 locations selling suds by the end of the year.

The province has released a list of grocery stores it selected as the winning bidders. They must now apply to the Alcohol and Gaming Commission of Ontario for licences in specific locations.

The government won't say at this stage of the process where precisely the stores are located, but say they upheld a commitment to ensure every region of the province is represented.

Ontario has previously announced there would be 25 in

the Greater Toronto Area, 16 in western Ontario, 13 in the eastern reaches of the province and six in the North, split between large and small grocers.

Within three years, the government's goal is to have beer sold at up to 450 grocery store locations across the province.

A 10-year agreement between the government and foreign-owned Brewers Retail, which owns 447 Beer Store outlets, will keep the same prices wherever beer is sold.

The Beer Store has enjoyed a virtual monopoly on retailing beer in Ontario since prohibition was repealed nearly 90 years ago.

THE CANADIAN PRESS

+ GOVERNMENT APPROVED STORES

- Coppa's Fresh Market, with locations in the Greater Toronto Area
- Farm Boy 2012 Inc., with locations across the province
- Galleria Supermarket, in the Greater Toronto Area
- Hanahreum Mart Inc., with locations in the Greater Toronto Area
- J & B La Mantia Ltd., in Lindsay, Ont.
- Loblaws Inc., with locations across the province
- Longo Brothers Fruit Market Inc., with locations in the

- Greater Toronto Area
- Metro Ontario Inc., with locations across the province
- Michael-Angelos Market Place Inc., in the Greater Toronto Area
- Pino's Get Fresh, in Sault Ste. Marie, Ont.
- Sobeys Capital Incorporated, with locations across the province
- Starsky Fine Foods Hamilton Inc.
- Wal-Mart Canada Corp., with locations across the province



Gerry Lougheed Jr. is charged with unlawful influencing or negotiating appointments. TORSTAR NEWS SERVICE

ONTARIO LIBERALS

Fundraiser's fees no longer covered

The Ontario Liberal Party was paying some of the legal fees of a veteran fundraiser before he was charged in a byelection scandal, but is no longer footing his bills.

Gerry Lougheed, 61, a prominent Sudbury Liberal, was charged in September with one count of counselling an offence not committed and one count of unlawfully influencing or negotiating appointments.

The charges came nine months after the Ontario Provincial Police began investigating allegations that two Liberals offered Andrew Olivier, candidate in the 2014 general election, an appointment to step aside in a Sudbury byelection for Premier Kathleen Wynne's preferred candidate.

On the day of Lougheed's first court appearance, the NDP asked the premier Wednesday in question period if the government or Liberal party was paying Lougheed's legal bills, but Wynne said she had "no idea."

She later clarified the government had not paid any of Lougheed's legal fees, and after the session Deputy Premier Deb Matthews said the party had not



No idea.

Kathleen Wynne, on whether the Liberals were paying Lougheed's legal bills

paid any of his legal expenses since charges were laid.

The party, however, did pay some of Lougheed's legal bills before he was charged, though it's not clear how much.

Olivier released audio in January of Lougheed saying he was there on behalf of the premier and that they would like Olivier to consider stepping aside in the byelection race for Glenn Thi-beault — who went on to win the provincial riding — and would like to present Olivier with "options in terms of appointments."

Lougheed's lawyer, who appeared in court on his client's behalf, said Lougheed is anxious for the case to be heard.

"I think he's been under a cloud of suspicion for a long time," said Michael Lacy, of the Toronto-based Greenspan Partners. The case is scheduled for a judicial pre-trial Dec. 1.

TORSTAR NEWS SERVICE

French plan postponed

EDUCATION

Changes held up as parents complain of watering down



Haley Ritchie
Metro | Ottawa

Trustees voted Tuesday night to

postpone controversial changes to the way French is taught in the Ottawa-Carleton District School Boards.

The board meeting was well attended by concerned parents who opposed the "watering down" of the French system. Eight different delegations asked trustees to reconsider the plan.

Some of the suggested changes included introducing 50 per cent French teaching in junior kindergarten and intro-

ducing 60 minutes of English as a subject in Grade 1 French Immersion schools.

Parent Jennifer Hirst, chair of the Robert Bateman Public School Council, was one of those asking for a delay. The trustees passed a motion to "conduct further consultation" and make a decision for September 2017, instead of implementing the changes this year.

"I was encouraged by the trustees comments," Hirst said.

"I watched, I listened and I have faith that they won't just re-introduce the same proposals."

Nadia Towaiji, the board's superintendent of instruction, told Metro last month that the changes would help identify children that might have learning disabilities and need extra help. Hirst is not convinced.

"There was a lot of misinformation and not enough research had been done to support such drastic change," she said.

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New look for science and tech museum



Artist's view of the redesign. COURTESY NATIONAL CAPITAL COMMISSION

NCC

Reopening on track for 2017



Michael Woods
Metro|Ottawa

A new design for the revamped Canada Science and Technology Museum got the green light Wednesday, setting the stage

for the museum to reopen in 2017.

The National Capital Commission's board of directors approved the new design for the museum, which includes a new main entrance with an eye-catching "electronic display area."

The museum on St. Laurent Boulevard was closed indefinitely last year after workers found mould in the walls. The federal government pledged \$80.5 mil-

lion to refurbish the building, which was originally a bakery.

The project is being fast-tracked with the goal of reopening the museum in November 2017 to coincide with its 50th anniversary and Canada's sesquicentennial.

Because of the tight timeline, the NCC agreed to delay developing a long-term master plan for the site — including parking, public transit and landscape design — so con-

struction can start as soon as possible.

Renderings of the new museum show a front lobby that lets in distinctly more natural light than the original building. There is also a new lighting design along the side.

But the most intriguing aspect is the main entrance, which features a large LED screen design. The specifics of the technology are still being developed.

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The NCC plans to unveil the four submissions for the redevelopment of LeBreton Flats in January 2016. COURTESY NATIONAL CAPITAL COMMISSION

OPEN HOUSES

Your chance to talk up LeBreton plans

The public will have the chance to weigh in on redevelopment plans for LeBreton Flats at a pair of open houses in late January, when the detailed proposals are revealed.

National Capital Commission chief executive Mark Kristmanson told the NCC board Wednesday the commission will host open houses on Jan. 26 and 27 at the nearby Canadian War Museum.

There are four groups short-listed for the redevelopment of 9.3 hectares of prime real estate just west of downtown, with a possibility of another 12.3 hectares depending on the proposal.

"We're very excited about this. We think it's going to be a real competition, and it's going to capture a lot of interest and passion," Kristmanson told reporters after the meeting.

The proposals are all due to the NCC by Dec. 15. That dead-

line, which was extended from Oct. 30 at two proponents' request, is firm.

"We won't extend again, and we have not received any requests to extend," Kristmanson said.

The open houses will feature presentations from the proponents. Exhibition rooms will showcase each proposal and the public will be able to ask questions. There will be comment sheets available for those who want to submit written feedback to the NCC.

The public will also be invited to submit opinions online between Jan. 26 and Feb. 8.

All that input will be summarized in a report and submitted to the NCC's evaluation committee, which will assess the four proposals in February.

The commission said the successful proposal will be announced in early 2017.

MICHAEL WOODS/METRO

HOLOCAUST MEMORIAL

'Almost imperceptible' changes to monument

The NCC approved a redesigned National Holocaust Monument, to be built at Booth and Wellington streets near the Canadian War Museum.

Construction on the monument was originally supposed to start last March, but bids came in over budget so the project was delayed by a year.

The changes to the design are "almost imperceptible," NCC planning director Steve Willis told the

board Wednesday.

Some planned metal mesh walls were removed, as was the roof. Concrete walls were removed or simplified and made thinner. A planned snow-melt system has been made smaller. And the new design also has a more open gathering space.

Construction is now set to begin in March 2016, with an unveiling ceremony on April 24, 2017, which is Yom HaShoah, Holocaust Remembrance Day.

MICHAEL WOODS/METRO

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Eren Cervantes-Altamirano is both a Muslim woman and a Mexican immigrant to Canada. She isn't sure which part of her identity motivated the racist letter she found in her Lowertown mailbox Wednesday morning. HALEY RITCHIE/METRO

Anonymous intimidation

BIGOTRY

Note in Muslim immigrant's mailbox tells her 'go home'



Haley Ritchie
Metro | Ottawa

Eren Cervantes-Altamirano started her Wednesday like many other Ottawa residents.

Around 7:30 a.m. she checked her mail, but what she found there was worse than the usual bills and flyers — a handwritten note, telling the Muslim and immigrant Ottawa resident to “go home.”

The anonymous letter was written on plain lined paper and said, “Canada is no place for immigrants or terrorists. Go home.”

“I was in a bit of shock. I didn't know what to do. I took it back to the apartment and put it on Facebook and said ‘What do I do with this?’” said Cervantes-Altamirano.

The mailbox containing the letter is one of three on the doorstep of her home in Lowertown — she said it was “too close to home.”

She doesn't know who would leave the note, especially because she's not a “vis-

ible Muslim.” While she does sometimes dress up for prayer, she doesn't wear the hijab and she is an immigrant from Mexico, not the Middle East.

“I had a sense of feeling unsafe in my own home,” she said.

“My neighbours have probably seen me dress up for prayer, but I'm not sure, maybe it was the idea that all minorities equal terrorist. A lot of people aren't nuanced in what they see.”

Cervantes-Altamirano said she hesitated in calling the police, but was encouraged by her friends. Since it was a non-emergency she said they would follow up later in the day.

“I get that it's how it works, they may be short-handed,”

ing Muslims.

The incidents have left many in Ottawa's Muslim community concerned, says Omar Mahfoudhi, executive director of the downtown Islam Care Centre.

“The Muslim community knows that when something happens, like the bombings in Paris, we have to anticipate things happening to us here in retaliation,” he said.

While there's always discrimination, he added that he doesn't believe the majority of Canadians blame Muslims for the terrorist attacks.

“Most people feel safe and know they have support from their colleagues,” he said.

Const. David Zackrias, who works with Diversity and Race Relations, said the outreach is a year-round priority.

“These events bring this to the forefront, but

our outreach is an ongoing priority,” he said. “It does send fear through some communities, they feel marginalized and they feel vulnerable.”

Zackrias said he knows some parents hesitate to let their kids leave the house. In those situations police try to increase patrols around schools and mosques.

“Again, we're in Canada. We should be free to walk freely and not worry about these things,” he said.



I had a sense of feeling unsafe in my own home.

Eren Cervantes-Altamirano

she said. “But when you're in shock and trying to figure out what to do, being told to wait for eight hours seems not very sensitive.”

Cervantes-Altamirano has good reason to be worried. After the attacks in Paris, a mosque in Peterborough, Ont., was purposefully set on fire. In Toronto, a hijabi woman was attacked while picking her children up from school, and in Montreal, a series of video threats was sent out threaten-



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Lorenzo Bergeron lives in Gatineau but drove to Manotick on Nov. 11 for one last meal at The Miller's Oven before its closing at the end of the month. MEGAN DELAIRE/METROLAND MEDIA

Looking for hard dough

BUSINESS

Volunteers in desperate race to save beloved Miller's Oven

The Miller's Oven is preparing to close its doors for good at the end of November, just shy of its 32nd anniversary. That is, unless a huge fundraising effort can save it.

The volunteer-run restaurant's board of directors was faced with the tough decision last month when they realized that after 16 months of heavily declining business, there wasn't enough money to keep things going through the winter.

With just enough money left to neatly end their operations and pay their staff for November, Jim Stewart, chairman of the Miller's Oven board of directors, said the board is beyond looking for short-term emergency funding solutions.

"We don't want to have a situation where we continue on for just a month or two or three and then we're back where we started," Stewart said. "So

we would need a not-inconsequential amount of money short term to try and get us through where we are now."

Since opening in December 1983, The Miller's Oven has served as a social haven for Manotick's senior population. For that reason and because of its unique business model — a not-for-profit business that largely utilizes senior volunteers — it relies heavily on patronage from seniors, something which its chair realized is not a sustainable plan.

One resident has turned to crowdfunding in an attempt to save the restaurant. Volunteer firefighter Carmen Grandinetti has set up a GoFundMe page called Help Save Miller's Oven with the goal of raising \$5,000 for the restaurant. As of Nov. 10, the page had raised \$1,470.

Stewart said the restaurant's committee expect it to close at the end of the month, but will take stock of its financial situation one more time before shuttering it once and for all.

"We'll have a long, serious look and see where we are," he said. "I'm not anticipating (saving) it, I'm just hopeful."

MEGAN DELAIRE/METROLAND MEDIA

IN BRIEF

Syrian refugees may be housed in hospitals

Ontario is considering using recently decommissioned hospitals as one way to temporarily house a large influx of Syrian refugees.

While the federal government has pledged to take in 25,000 refugees by the

end of the year, Ontario has committed to taking in 10,000 by the end of next year. Health Minister Eric Hoskins says Ontario doesn't yet know how many Ottawa will ask the province to take, but it is prepared to receive its "fair share."

THE CANADIAN PRESS

INFRASTRUCTURE

Residents try to slow flow on River Road

Almost 100 hands rose in the air in a strong show of support for measures River Road residents said would give them back the quality of life they once enjoyed before the opening of Vimy Memorial Bridge last year.

Closing their road to through-traffic, prohibiting left turns from Vimy Memorial Bridge onto River Road and barring traffic from turning right onto River from

Limebank Road proved to be popular ideas at the meeting this week.

But naysayers in the crowd of almost 100 people at Bernard-Grandmaitre Catholic elementary school in Riverside said those changes will just push traffic onto Leitrim Road and Balmoral Drive, nor would drivers abide by the new rules.

Residents said the opening of the bridge has resulted in

an increase in tailgating, speeding and dangerous drivers who zip around turning cars and speed by stopped school buses. Volumes have also increased according to city traffic data: 8,569 cars used to travel River Road each day before Vimy Bridge opened. That number rose to 12,490 just after the opening. The volume climbed again to 13,200 in the spring.

Noise in many of backyards

has become unbearable, impacting property values and quality of life, residents claim.

Other ideas raised at the meeting included calling on the city to ban commercial traffic, installing roundabouts to slow vehicles down to 50 km/h, as well as establishing a lower speed limit the length of River Road, which currently changes between 60, 70 and 80 km/h.

ERIN MCCracken/METROLAND MEDIA

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Dion, Obama on same page

CLIMATE CHANGE

Minister agrees 'urgent' threat needs action now

Canada is backing strong warnings from U.S. President Barack Obama about the need for nations to act on the "urgent, growing" threat of climate change.

In an address to a business audience at the APEC summit in Manila, Philippines, Wednesday, Obama laid out the threat of climate change, saying the "patterns and the science don't lie" and that no nation is immune to the consequences.

"Temperatures and sea levels are rising, ice caps are melting, storms are strengthening," he said. "If we want to prevent the worst effects of climate change before it's too late, the time to act is now, and it is going to affect people's bottom lines," Obama said.

"We will be able to price the costs in serious ways, already insurance companies are factoring it into their determina-



U.S. President Barack Obama chats with Prime Minister Justin Trudeau at the G20 summit in Antalya, Turkey, recently. Canada will join the UN climate-change conference in Paris on Nov. 30.
EPA/TOLGA BOZOGLU/TORSTAR NEWS SERVICE

tions," Obama said.

"That's why in Paris we have to come together under an ambitious framework to protect the one planet that we have while we still can," he said.

Obama's comments come as nations prepare to gather in Paris later this month in a bid to reach new agreement to curb greenhouse gases.

Obama's remarks were en-

dorsed Wednesday by Foreign Affairs Minister Stéphane Dion, who agreed with an analogy that climate change is a cancer.

"It's the worst threat we are facing during this century,"



Everyone's got to do their part.

Environment Minister Catherine McKenna

Dion told reporters.

He said Canada will be a strong advocate for a climate change deal and will work with the United States and summit host France to make it happen.

"We will be strong on the floor. We will speak to any country that may have difficulties because we need to have unanimity at the end of the day," Dion said, adding that leaders are taking the upcoming talks "seriously" and there is "momentum" for a deal.

The argument that action on the environment hurts the economy no longer stands, he said.

"To disassociate climate change from the economy, to have classic discussion on the economy as if we didn't have this problem of our relationship with the planet, it is passé now," Dion said.

TORSTAR NEWS SERVICE

MONTREAL

Call for killings leads to charges

A Montreal man allegedly behind a video that called for the revenge killing of "Arabs" in Quebec has been charged with inciting hatred, uttering death threats and being responsible for a hoax terrorist threat.

Jesse Pelletier, 24, was allegedly the author of a video that surfaced over the weekend calling for the province to be "cleaned" of its "Arab" population. The person in the video suggested the recording was made "the day after the attacks in Paris."

"Starting next week, there will be murders across Quebec," said the man, who was dressed as the Joker character from the Batman series and waved a replica handgun in the video. "We will eliminate one Arab each week to get rid of them and clean up the province of Quebec. We are a group of 10 people and we will all eliminate them, one by one."

TORSTAR NEWS SERVICE

DEFENCE

Expanding military training in Iraq a possibility: Minister

The country's new defence minister opened the door Wednesday to expanding the Canadian training mission in Iraq beyond just teaching Kurdish peshmerga fighters, saying the soldiers will go where it makes sense and where they can have the greatest impact.

Harjit Sajjan said options for the Trudeau government's beefed-up commitment to the campaign against the Islamic State of Iraq and the Levant (ISIL) are still being formulat-

ed, but it's clear some of the boundaries put in place by the previous government are either going to be removed or relaxed.

The former Conservative government chose to align itself with the Kurds, who operate in a semi-autonomous region in northern Iraq and have shown the most willingness to battle extremists.

Sajjan says he's talking with the U.S.-led coalition on where Canadian troops would be of most use but would not rule

out expanding the training mission to include conventional army units and Iraqi forces in the country's south.

"I'm open to looking at all the different options," said Sajjan, who did three tours in Afghanistan and one in the Balkans as a reserve officer.

"I'm not looking at just from the Kurds perspective, or the Iraqi perspective; I'm looking at how we can have a meaningful contribution."

THE CANADIAN PRESS

POLITICS

The 'Apec hotties'

Who's sexier: Prime Minister Justin Trudeau or Mexican President Enrique Peña Nieto?

That was the burning question asked on the front page of a Manila newspaper Wednesday as the APEC summit opened in the city.

A pair of large photos of the two leaders filled the top half of the Philippine Daily Inquirer broadsheet. The caption read: "Ladies choice Are you with Team Nieto or Team Trudeau?"

The newspaper said the two leaders have been described in

reports as "Apec hotties."

Employees and staff of the country's Bureau of Immigration and members of local media reportedly tried to get selfies with Trudeau after he landed in

Manila on Tuesday.

THE CANADIAN PRESS

POLITICS

Sen. John Wallace to sit as independent

New Brunswick Sen. John Wallace is resigning from the Conservative caucus, citing "irreconcilable differences" between himself and his party over the role of the upper chamber — which he feels should be non-partisan.

Wallace, who was appointed to the Senate in 2009, said changes need to happen and being an Independent will allow him to speak to that.

THE CANADIAN PRESS

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A French soldier enforcing the Vigipirate plan, France's national security alert system, on Nov. 18 in front of the Eiffel Tower. JOEL SAGET/AFP/GETTY IMAGES

World waits to see if ringleader killed

Paris France vows 'everything is being done' to stop attackers

Belgian Justice Minister Koen Geens says he cannot confirm the suspected mastermind of the Paris attacks was among those killed in a raid against an apartment north of the French capital.

He says Belgian Abdelhamid Abaaoud was "not among those arrested or those who have been identified."

French officials previously said Abaaoud was not among those arrested in Wednesday's raid in Saint-Denis, but didn't eliminate the possibility that he was killed, saying the identities of those slain are still being investigated.

The Belgian minister spoke after a cabinet meeting late

Wednesday which was assessing what measures should be taken to counter the increased threat of terrorism.

He called Wednesday's raid a "big breakthrough" because it shows law enforcement officials can track down suspects.

Meanwhile, security camera video from inside a restaurant as it is fired on by a rifle-wielding gunman has been posted online that provides a new look at last week's Paris shooting rampage.

The video posted on the Daily Mail website shows a nearly empty restaurant erupt into chaos with bullets smashing into walls and diners and staff diving for cover.

French police have banned public demonstrations until Nov. 22 in Paris and surrounding towns in the latest utilization of expanded security measures permitted under the state of emergency installed following last week's bloody attacks.

Interior Minister Bernard Caz-

+ VIDEO

The restaurant with security footage is not named in Daily Mail's accompanying article but examination by The Associated Press suggests it is Casa Nostra, a pizzeria near the Bonne Biere, another restaurant hit by the attackers and where five people were killed.

eneuve said "everything is being done to capture" the attackers.

Both France and Russia are pursuing UN Security Council resolutions that seek to unite the international community in combating the Islamic State of Iraq and the Levant (ISIL).

But Russian Ambassador Vitaly Churkin says ignoring the Syrian government in the effort is "weakening the possibility of our joint fight against terrorism."

THE ASSOCIATED PRESS

+ RADICALIZATION

The 'signs' were there

Much about Abdelhamid Abaaoud's path to armed Islamic radicalism remains mysterious. In the words of Koen Geens, the Belgian justice minister, he mutated from a student at an upscale Brussels school into "an extremely professional commando," one seemingly able to slip across borders at will.

The wanted jihadi's own father believes prison — where he served time for petty crimes — changed him for the worse. After his son got out, Omar Abaaoud noticed "signs of radicalization," the elder Abaaoud's lawyer, Nathalie Gallant, told RTBF broadcasting Wednesday.

If so, that would fit the pattern of a number of jihadis

who were radicalized in prison.

Abaaoud came onto the international radar as a radical Muslim combatant for the first time in February 2014, said Jasmine Opperman, a senior director with the independent Terrorism Research & Analysis Consortium (TRAC).

THE ASSOCIATED PRESS

SOCIAL MEDIA

Video of dad's talk with son goes viral

A father's heartwarming explanation to his son about the Paris attacks is electrifying social media, with millions of views on Facebook alone.

The video shows an interview conducted Sunday by a reporter for France's Le Petit Journal at Place de La Republique in Paris, where people are laying flowers and lighting candles to honour the 129 victims killed in the attacks.

In the video, preschooler Brandon Le tells reporter Martin Weill the attacks on Friday night were conducted by "bad guys" who were "not very nice." He then expresses fear that his family will be forced to move, although his father, Angel Le, reassures him.

"Oh don't worry. We don't need to move out. France is our home," the father tells his son.

Brandon offers a quick reply. "But there's bad guys daddy."

"Yes, but there's bad guys everywhere," the father replies.

"They have guns. They can shoot us because they're really, really mean daddy."

With his arm around his son, the father refers to the crowd at the square, and says, "It's OK. They might have guns, but we



Angel Le, right, reassures his son, Brandon, during an interview. SCREENGAB

have flowers."

Brandon was not easily persuaded. "But flowers don't do anything. They're for, they're for..."

"Of course they do. Look. Everyone is putting flowers," the father says.

"Yes?"

"It's to fight against guns," the father explains.

"It's to protect?" Brandon asks.

"Exactly."

"And the candles too?"

"It's to remember the people who are gone yesterday."

THE ASSOCIATED PRESS

HASHTAG

Twitter united by dog

People around the world are sending messages of support for a police dog that was killed during an early morning police raid in a Paris suburb that left two alleged suspects dead.

The hashtag #JeSuisChien (I Am Dog) was the top trending topic in France at 9 a.m. Toronto time, with people sharing messages of solidarity with Diesel, the dog.

The seven-year-old Malinois was part of the French RAID police unit and was killed when police stormed an apartment in Saint-Denis believed to belong to suspects behind the deadly Paris attacks last week.

Over 40,000 tweets have used the hashtag since Tuesday.

But not everyone thought the hashtag was appropriate.

"I can't believe people (are) really using #JeSuisChien and don't even think about the (Syrians' lives) destroyed by the French bombs. I'm speechless," one Twitter user commented. TORSTAR NEWS SERVICE

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SENTIMENT

Muslims facing backlash in U.S.

Muslims around the U.S. are facing backlash following the deadly attacks in Paris, including vandalism to mosques and Islamic centres, hate-filled phone and online messages and threats of violence.

Advocacy leaders say they have come to expect some

anti-Muslim sentiment following such attacks, but they now see a spike that seems notable, stirred by anti-Muslim sentiment in the media.

"The picture is getting increasingly bleak," said Ibrahim Hooper, a spokesman for the Washington, D.C.-based Council on American-Islamic Relations. "There's been an accumulation of anti-Islamic

rhetoric in our lives and that I think has triggered these overt acts of violence and vandalism."

He said the rise in the level of anti-Muslim sentiment is reflected by some GOP presidential candidates, governors and others speaking out in opposition to the U.S. accepting more Syrian refugees.

Hooper said the council is seeing an increase in anti-Muslim incidents since Friday's attacks in Paris.

Nihad Awad, national executive director of the Council on American-Islamic Relations, asked law enforcement officials to step up patrols at mosques and other Islamic institutions.

THE ASSOCIATED PRESS



The picture is getting increasingly bleak.

Ibrahim Hooper

IN BRIEF

Soccer matches continue as 'life must go on' in France

Soccer matches around the country will go ahead in France this weekend in the wake of the deadly attacks in Paris to show that "life must go on," France's secretary of sport said. In an interview Wednesday with sports daily L'Equipe, Thierry Braillard said calling games off would be "exactly what these barbarians want," referring to the gunmen and suicide bombers who attacked Paris last Friday. THE ASSOCIATED PRESS

ISIL says Norwegian, Chinese captives killed

The Islamic State of Iraq and the Levant group said Wednesday that it has killed Norwegian and Chinese captives after earlier demanding ransoms for the two men. The extremist group published two images of the men in the second-to-last page of its English-language magazine. The Norwegian man had been identified as Ole Johan Grimsgaard-Ofstad, 48, and the Chinese man had been identified as Fan Jinghui, 50. THE ASSOCIATED PRESS



Egyptian soldiers collect personal belongings of victims at the crash site of a passenger airplane bound for St. Petersburg in Russia, which crashed in Hassana, Egypt's Sinai Peninsula. THE ASSOCIATED PRESS FILE

Homemade bomb downed plane: ISIL

FLIGHT 9268

Image released in latest issue of extremist publication

The Islamic State of Iraq and the Levant (ISIL) group has released a photo of the bomb it says was used to bring down a Russian passenger plane in Egypt's Sinai Peninsula last month, killing all 224 people

on board.

The picture was published in the latest issue of the extremist group's English-language magazine, with the caption "EXCLUSIVE - Image of the IED used to bring down the Russian airliner."

The extremist group, which has a powerful affiliate in the Sinai, had previously claimed to have downed the plane, which was mainly carrying Russian tourists, without offering further details. It said the attack was to avenge Russia's air cam-

paign against the group in Syria.

The group said it "discovered a way to compromise the security at the Sharm el-Sheikh International Airport," without providing further details. It said it initially planned to bring down a plane from one of the countries participating in the U.S.-led coalition that has been striking it in Syria and Iraq. But it says it changed the target to a Russian plane after Moscow began launching air strikes in Syria in September.

THE ASSOCIATED PRESS



A can of Schweppes Gold, and what appears to be other bomb components made of plastic and metal.

THE ASSOCIATED PRESS



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Crown wraps up its chocolate-price case

INVESTIGATION

Last charges against candy manufacturers dropped

An eight-year probe into allegations of price-fixing in Canada's multi-million dollar chocolate bar industry has ended with the last charges being dropped, Canada's competition watchdog said Wednesday.

The Public Prosecution Service of Canada entered a stay of proceedings against Nestlé Canada and former president Robert Leonidas, the Competition Bureau said in a brief statement Wednesday.

Leonidas was one of three industry executives at three different companies charged in 2013 with conspiring to fix chocolate prices between 2002 and 2008.

No reason was given for the



Canada's four largest candy makers all settled class-action lawsuits without admitting guilt of alleged price-fixing in the chocolate industry in the country. ISTOCK

Crown's decision.

Charges against Mars Canada, former Nestlé Canada executive Sandra Martinez, candy distributor ITWAL Ltd. and its former CEO, David Glenn Stevens were also dropped on Sept. 8. Stevens is now ITWAL's chairman.

No explanation was offered.

The case against the chocolate industry began after Cadbury Adams brought the matter to the bureau's attention in 2007. The chocolate-maker received immunity from prosecution.

Hershey Canada Inc. pleaded

guilty to one count of price-fixing related to communications with competitors in 2007 and was fined \$4 million on June 22, 2013, in an Ontario Superior Court of Justice.

The other three companies, Mars, Nestle and Itwal, and their three executives continued to defend against the allegations.

All four companies settled class-action lawsuits without admitting guilt. Hershey's sentencing hearing provided a glimpse into the allegations the companies were facing back in 2007.

During the period, senior employees at Hershey and their counterparts at other chocolate companies exchanged competitive pricing information, either directly or through their distributor, court heard.

However, the allegations were never proven in court.

The Competition Bureau said Tuesday that it considers the chocolate case closed.

TORSTAR NEWS SERVICE

CONSUMER WATCHDOG

Claws, fake poop on naughty toys list

A consumer watchdog group says dinosaur claws inspired by the movie Jurassic World and a substance that looks like poop are among the worst toys for Christmas this year.

The Massachusetts-based World Against Toys Causing Harm released its annual list of hazardous toys Wednesday.

The group says the velociraptor claws can cause eye and facial injuries, and the Play-Doh-like substance contains wheat that could cause allergies. The list also includes a quick-folding trampoline, which the group says can lead

to injuries. WATCH says the items singled out represent common problems in toys.

THE ASSOCIATED PRESS



Jurassic World velociraptor claws. HASBRO.COM

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IN BRIEF

Norfolk cool to CP's offer

Canadian Pacific Railway needs to overcome several obstacles including a chilly reception from Norfolk Southern, which described CP's takeover proposal as an "unsolicited, low-premium, non-binding, highly conditional indication of interest."

THE CANADIAN PRESS

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CHANTAL HÉBERT: ON THE PM'S FIRST MISSTEP



“There was a glaring disconnect between Trudeau’s insistence that it was business as usual on the refugee and the war-on-ISIL fronts, and the public’s sense that the Paris attacks were a watershed event.”

In January 1994, two months after his government was sworn in, Jean Chrétien folded himself in a small charter plane to go on his maiden foreign voyage as prime minister.

As leader of the opposition, Chrétien had described the jet Brian Mulroney had had outfitted for his official foreign travels as a needless luxury. For his first trip, the incoming Liberal prime minister opted for the flying equivalent of a sardine can, a practice he would abandon at the first decent political opportunity.

Chrétien hit three European capitals in less than a week, with a pit stop in London, an overnight stay in Paris and a NATO summit in Brussels. He might as well have been a tourist on a whirlwind budget tour.

At a joint news conference with Prime Minister John Major in London, a British cabinet sex scandal stole the show.

The highlight of Chrétien’s Paris stop was a Quebec play he attended with François Mitterrand. He may or may not have mentioned a possible Quebec referendum to the French president. In any event, by the time of the 1995 vote Mitterrand was no longer in office.

In Brussels, the issue of the fratricidal war in the former Yugoslavia dominated the NATO summit, but while Canada had peacekeeping boots on the ground, there is no public record of a significant Chrétien contribution to the discussion.

Over his visit, the new Canadian prime minister granted the European media no interviews; nor was there a chat on the trip home with those of us who covered his tour. Journalists flew on commer-

cial planes.

In a review of the Liberal prime minister’s first appearance on the international circuit, the correspondent for the Belgian daily *Le Soir* wrote that Chrétien had essentially travelled incognito.

By those standards, Justin Trudeau should have passed his first test on the international scene with flying colors.

He raised matters of substance at every stop. In Manila, he served notice on Canada’s Asia-Pacific partners that they should not take for granted a swift ratification by Parliament of the just-negotiated Trans-Pacific Partnership.

At the G20 meeting in Turkey, his infrastructure-spending plan was praised by Barack Obama.

In preparation for the upcoming climate change sum-

mit, foreign affairs minister Stéphane Dion started to articulate a more activist Canadian tone in the international environment talks.

But while Trudeau probably made a positive impression on other government leaders, the domestic reviews have been decisively mixed. As media coverage goes, this has been his worst week since before the election campaign.

It is not just that Canadians saw more of French President François Hollande, or that the Paris attacks pushed non-security issues off to the sidelines or even that the latest terrorist developments made some Liberal policies a harder sell.

From a Canadian perspective, it was on tone that an unscripted Trudeau most came up short.

He may have denounced

the Paris attacks in strong terms in private but, in his public communications, he did not rise to the occasion.

There was a glaring disconnect between Trudeau’s quasi-dogmatic insistence that it was business as usual on the refugee and the war-on-ISIL fronts, and the public’s sense that the attacks were a watershed event that deserved a fuller airing.

He seemed to shrug off the well-intentioned concern of many of his provincial and municipal allies as to his refugee timetable. When federal reassurance was needed, it was offered on a piecemeal basis and usually short on specifics.

Against the backdrop of the carnage in Paris, some otherwise endearing features of Trudeau’s political persona, starting with his willingness to pose for selfies on demand, turned into liabilities. There are times when glamour is the opposite of gravitas.

Media reviews of Trudeau’s post-Paris week were particularly scathing in Quebec, the province whose links with France are the strongest. Cartoonists had a field day at his expense.

But the feeling that the rookie prime minister was at the top of his game as he handled the first unscripted challenge of his tenure was not limited to his home province.

The premature beginning of the end of Trudeau post-election honeymoon is part of the collateral damage of the Paris attacks. That part of the damage is largely self-inflicted.

Chantal Hébert is a national affairs writer. Her column appears in Metro every Thursday.

ROSEMARY WESTWOOD

metroview

For some, a decline in Christian belief spells one thing: A fight

Radicalism loves radicalism. Power hates to rescind it. And the dominant fears the minority — lest they become it.

I’m talking, of course, about Christianity in North America.

The U.S. is 70 per cent avowed Christian. Canada, two-thirds. We are very Christian nations, and the Starbucks brew-haha over its non-denominational red holiday cups was a jolly reminder.

It points to something else, too: Some Christians here feel under attack. It’s an odd sentiment, given their overwhelming company, until you start to factor in a few things, including a decade of headlines about how our countries are (slowly) losing their (Christian) religion, simultaneous headlines reporting the growth of other faiths, and Islam in particular, and the rise of social-justice movements that contravene some conservative Christian teachings.

The Pew Research Centre recently released a major survey that found the U.S. continues to become less religious, driven by younger generations, and something new: Hints that those who are religious might be holding tighter than ever to their faith.

Religious Americans are by some measures “even more devout than they were a few years ago,” the report noted, citing a modest growth in reading scripture or participating in prayer groups.

Alongside that, Christians

in the U.S. are reporting that their faith is under threat: 72 per cent of Americans think religion is losing its influence in American life, 56 per cent think that’s a bad thing, and a growing number want religion to play a greater role in politics, according to a Pew report from 2014. Perhaps in response to that, 50 per cent of white evangelicals feel they face “a lot” of discrimination.

In Canada, about half of us think the decline of religious involvement is bad for the country, according to an Angus Reid survey from last March. And while there’s no similar question of discrimination in the survey, discrimination is certainly the claim made in the wake of Quebec’s prayers-at-city-hall debate, or a B.C. Christian university’s bid to become a law school, or Starbucks’ red-washing of Christmas.

And I think that fear of irrelevance (unfounded though it may be), plays a role in today’s anti-Muslim sentiment.

That Angus Reid survey — conducted after Charlie Hebdo, and well before Paris — found 44 per cent of Canadians have a negative view of Islam, and 51 per cent think it’s more likely than other religions to encourage violence.

Our predominantly — for now — Christian societies see another faith on the rise, one held often by non-whites, and to some that spells one thing: A fight.

THE MICROTREND: Stormselfies



Adding to the usual lessons of storm safety — watch for falling branches, report downed wires, unplug appliances — there’s now a new rule: No selfies in front of the storm surge. With two major weather systems rocking the U.K. in the past week, a representative from the British environment agency has warned “The power of Mother Nature is a fascination to us all. Taking storm selfies may seem exhilarating. But over the last few years we’ve had an increasing number of people putting themselves and family members at severe risk.” As the periodic dump of warm air and moisture known as El Niño hits this winter, more dangerous weather is likely on the way, including in Canada. So when it comes to taking risks and pulling tricks with a smartphone in hopes of social-media fame, stick to poking your friend in the eye with a selfie stick. THE INDEPENDENT

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Brownstein's search for self

NEW BOOK

Rocker, writer, thinker looks at her life's journey so far

Ian Gormely
Metro | Canada



Performance is central to Carrie Brownstein's life, whether it's on stage as guitarist for rock trio Sleater-Kinney, or on the set of *Portlandia*, the sketch-comedy show she writes and stars in with fellow co-creator Fred Armisen.

But, as she reveals in her new memoir, *Hunger Makes Me a Modern Girl*, Brownstein assumed many roles throughout her life — fan, substitute teacher, academic — in her search for connection and identity.

"Much of what we project into the world is different permutations of ourselves," she says.

"I do think that the common thread is my writing. The reason that I write is to ask questions as much to answer them and also to form a connection with people."

She found the connection she was searching for in Olympia, Wash.'s close-knit music community, first as a member of riot grrrl band Excuse 17 and later with guitarist Corin Tucker and



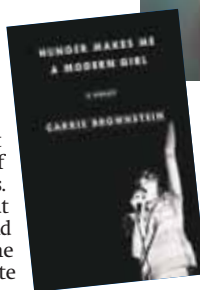
Carrie Brownstein's career has taken her from guitarist for Sleater-Kinney to co-creator of sketch-comedy show *Portlandia*. CONTRIBUTED

drummer Janet Weiss in Sleater-Kinney.

The book was inspired by a series of essays Brownstein wrote for NPR.

Using Steve Martin's memoir, *Born Standing Up*, as a template, it chronicles her search for a place in the world — the journey from being "disembodied to embodied" — through to Sleater-Kinney's initial split in 2006.

Brownstein purposely skirts rock bio clichés — there are no



Brownstein co-writes *Portlandia* with Fred Armisen. CONTRIBUTED

THE MANY GIGS OF SLEATER-KINNEY



The members of Sleater-Kinney have spread their musical wings over the years.

Wild Flag: Brownstein and Weiss formed this quartet with Rebecca Cole and former Helium singer-guitarist Mary Timony. Their self-titled album from 2011 remains their only release.

Quasi: Prior to joining

Sleater-Kinney, Weiss was one-half of keyboard-led indie rockers Quasi. The band remains a going concern, releasing their ninth album, *Mole City*, in 2013.

Heavens to Betsy: Tucker's pre-Sleater-Kinney duo were one of the primary groups associated with the riot grrrl movement, taking Excuse 17 out on tour with them in the early '90s.

tawdry tales of sex and drugs in *Hunger*'s pages.

Rather, she wanted to pen a literary love letter to her bandmates, who recently came together again and released the new album *No Cities to Love*, and to whom she dedicates the book.

Olympia's communal, anti-corporate punk spirit gave birth to the feminist riot grrrl movement, and nurtured Brownstein in her early 20s. But she and her bandmates had ambitions beyond the insular college town.

"Sleater-Kinney didn't want to preach to the converted, we

didn't want to limit ourselves," she says. "I didn't want to connect to a finite group of people."

That culminated in an opening slot for Pearl Jam in the early 2000s, putting Sleater-Kinney in front of thousands of people unaware of the band's history or politics.

"Putting yourself in new uncomfortable positions helps you clarify your point of view," she says.

"It helps you innovate and push forward. That's something I try to remember in everything I do."



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Bill Nye 'science can save us' guy

NEW BOOK

TV star is convinced we can tackle climate change

Bill Nye is discussing his new book on climate change from an apt location: behind the wheel of a Tesla.

While electrically navigating the streets of New York City, Nye offers a supercharged warning about the dangers ahead if the problem isn't tackled, and now.

Science has conclusively demonstrated a link between human activity and an overheated Earth, he says, dismissing the counter-arguments of doubters and deniers as "weird."

And it's with scientific innovation that we can rescue our home planet and ourselves, says Nye, who offers a detailed and chatty how-to in *Unstoppable: Harnessing Science to Change the World*, out this week from St. Martin's Press.

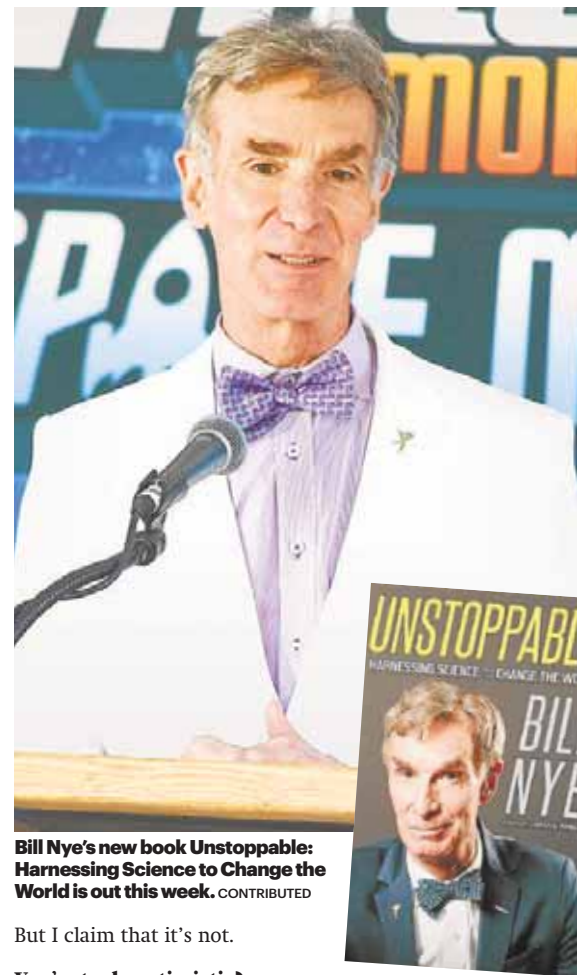
Unstoppable, which opens with a stern warning that climate change "is coming right at you," moves quickly to his advice to stop worrying — "or at least to move past it" — and get busy.

Nye has his work cut out for him: An Associated Press-NORC Center for Public Affairs Research poll in October found two out of three Americans accept global warming, with the vast majority of those citing human activities as at least part of the cause. But fewer than one in four Americans are extremely or very worried about it.

The bow-tie bedecked engineer, who gained fame on the 1990s TV series *Bill Nye, the Science Guy*, spoke about his book from the road last week.

Your book includes sweeping approaches to address climate change. What can individuals do that counts?

Not wasting any water bottles is good. Not leaving the lights on is good. Turning the thermostat down in the winter, up in the summer, is good. But the best thing any of us in the developed world, especially in the United States, can be doing is talking about it. ... It's strangely a hard thing to talk about because it's become so political and divisive, and people have a tendency to give up and see it as overwhelming.



Bill Nye's new book *Unstoppable: Harnessing Science to Change the World* is out this week. CONTRIBUTED

But I claim that it's not.

You're truly optimistic?

The world's going to change climatically. We just want to control the change. We want to have a high quality of life for billions of people as we pass through this era.

How do you see your role as a citizen-scientist?

It is my mission to change the world. I'm not kidding: Make no small plans, dream mighty things. I feel if we get enough people engaged in climate change, we will get enough people to change the world. We will revolutionize the way we produce electricity and provide clean water to people. And along with this ... is educating more women and girls. Because that is the surest route to controllably, manageably reducing the human population. Educated women have fewer kids. And the kids they do have are better cared for and are more successful. As I like to say, it's not one thing that we need to focus on. It's everything all at once.

You said that politicians should heed millennial voters on climate change. Is that generation especially receptive to taking action?

Overwhelmingly. College kids are very concerned about this. Recently, I visited Alabama, Tennessee and Texas. What you find on these college campuses (is that) everybody is, if I can use my term, enlightened. And the state has politicians who have been in office for years and years, and the two groups are at odds on climate change. Millennial voters are very concerned about climate change and will vote for candidates who are planning to address it. But the systems that are in place — people talk about gerrymandering and the money that's in politics, this is a real thing, a real effect — and it's hard for climate change-denying legislators to get voted out. But I predict it will happen.

THE ASSOCIATED PRESS

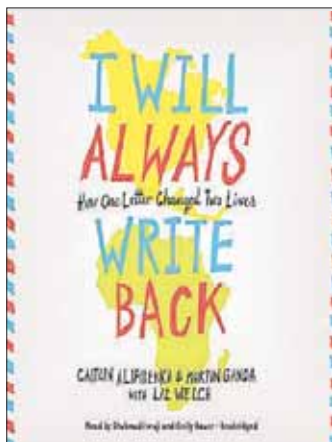
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BOOKS TO RESTORE YOUR FAITH IN HUMANITY

The world is mourning for Paris and Beirut. The lives of those lost in the terror attacks last week should be front of mind and honoured, not forgotten. But it's also important to remember the good in humanity. Keep following the news as it develops, but also, reach for one of these books to help remind yourself that people aren't all bad. **EMILY LAURENCE** METRO NEW YORK

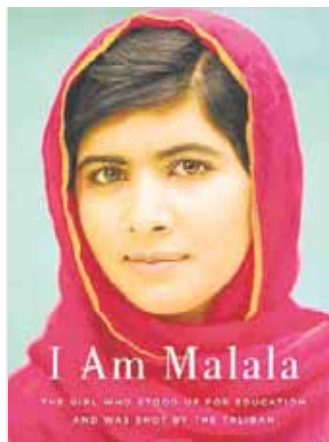
1 I Will Always Write Back by Caitlin Alifirenka and Martin Ganda

When American Caitlin Alifirenka was in the seventh grade, she started writing to a boy in Zimbabwe as part of a class project. The two kept corresponding long after the school year ended and developed a bond that would forever change the course of their lives. *I Will Always Write Back* shares those letters, along with details of just how different their situations were — Alifirenka growing up in the suburban town of Hatfield, Penn. and Martin Ganda in the slums of Mutare. This book serves as a reminder that a small act can have a huge, life-changing impact.



2 I Am Malala: The Girl Who Stood Up for Education and Was Shot by the Taliban by Malala Yousafzai

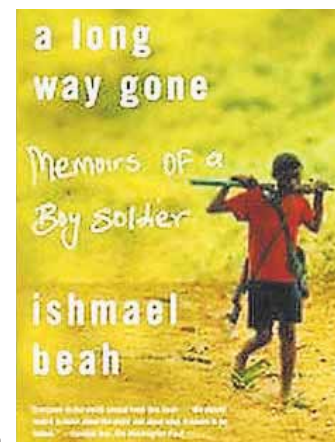
If you still haven't read Malala Yousafzai's incredible memoir about standing up to the Taliban in support of girls' education in Pakistan, you should now — especially before watching the documentary based on her story, *He Named Me Malala*, which comes to DVD this December. Seeing how one ordinary girl's bravery sparked global change will encourage you to live more boldly as well.



3 A Long Way Gone: Memoirs of a Boy Soldier by Ishmael Beah

This true story about a child soldier in Sierra Leone will break your heart, but it will also remind you that human beings are resilient creatures.

Ishmael Beah tells the story of when rebels attacked his village when he was just 12 years old, forcing him and his brother to flee the violence, not knowing where they were going and wandering from village to village locked in a struggle for survival. At 13 years old, Beah became a child soldier, conscripted by the Revolutionary United Front. In his memoir he shares his inspiring story with the world.



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JOHANNA SCHNELLER **WHAT I'M WATCHING**

When The Good Wife goes bad

THE GOOD WIFE, SEASON 7, EPISODE 7 (NBC/GLOBAL)

Attorney Alicia Florrick (Julianne Margulies), who's just triumphed at work, and her husband Peter (Chris Noth), who's running for U.S. president, are sharing a drink in her kitchen. (They're estranged, but pretending to be together for his campaign.)

"Nothing beats a good cross-examination," she says, toasting herself. "I just got a million-dollar donation," he counters. They smile at each other like jackals. "Want to get laid?" she asks. "I have 20 minutes."

They repair to her spare room and unceremoniously strip. Cut to them getting dressed.

"That was sexy. Why is that?" Peter asks.

"Because sex is sexier without love," Alicia replies.

Hmm. Nothing announces The New Alicia quite like a zip-less screw. A few seasons ago, it was her abiding love for the now-deceased Will Gardner (Josh



Alicia evolves before our eyes on *The Good Wife*. HANDOUT

Charles) that made their sex so hot. But that was then. All this season, we've been watching Alicia toughen.

She traded red wine for tequila, and ditched her white-glove firm for a scrappy, public-defender partner (Cush Jumbo). Out went her crush on namby-pamby lawyer Finn Polmar (Matthew Goode); in came her wolfish stares at her new, dangerous-hunk investigator (Jeffrey

Dean Morgan).

Alicia's character evolution makes sense plot-wise: Faking it for Peter's campaign is nervy enough. But if he wins, she's going to be a faux-First Lady—and that would take balls of steel.

The *Good Wife* has never feared changing things up; that's why it's enjoyed such a long, strong run. But turning Alicia into Lady Macbeth is a truly interesting twist.

SPOLILER ALERT

The Big Bang Theory that many have waited for

The final *Big Bang Theory* episode to air before holidays will mark a turning page for some of their characters.

Unable to keep a lid on the new plot twist after show was taped in front of a live studio audience Tuesday night, CBS confirmed that after five seasons, Sheldon (played by Jim Parsons) and Amy (Mayim Bialik) finally consummated their relationship. "SAY WHAT?! #BigBangTheory EP Steve Molaro confirms coitus is in #Shamy's near future," reads a tweet blast from the show's official Twitter account.

AFP



KRISTEN RITTER

Finding intimacy in playing a superhero

Krysten Ritter was never drawn to comics, but the opportunity to take on a character-driven role in the new Netflix series Marvel's *Jessica Jones* convinced her to find her inner superhero.

"Being able to have this role, it's like actor-candy," says the former "Don't Trust the B— in Apartment 23" star, who plays the titular character, an emotionally tortured, super-strong young woman working as a private detective in New York.

Premiering Friday, the new Marvel series also stars Doctor Who's David Tennant as villainous Kilgrave, while

Mike Colter is fellow superhero Luke Cage, another character set to get his own Netflix series next year. Jones and Cage will join the characters from the already-streaming Marvel's *Daredevil* and upcoming Marvel's *Iron Fist* for the eventual combo, Marvel's *The Defenders*.

In advance of *Jessica Jones*'s premiere, Ritter says she found surprisingly meaty role in the series, even though she knew little about this character or the Marvel universe beforehand.

"I am always drawn to smaller stories and intimate character dramas. Little did I know that when I started this whole process of auditioning and learning about this project that that's exactly what this is. This is a very rooted, grounded character study. And the fact that she's a superhero is kind of always second in my mind."

THE CANADIAN PRESS

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PEOPLE MAGAZINE

Becks is sexiest of them all

If you were doubting the exact sexiness level of David Beckham, doubt no more, for it has officially been quantified.

Beckham has been dubbed the Sexiest Man Alive for 2015 by People magazine.

The news was announced on Jimmy Kimmel Live, with Beckham appearing via Skype to accept the honour.

"I would obviously like to thank my parents for bringing me into this world, of course. I would like to thank my hairdresser, my stylist," he joked.

He was a bit more serious with the magazine itself: "I never feel that I'm an attractive, sexy person," Beckham tells People.

"I mean, I like to wear nice clothes and nice suits and look and feel good, but I don't ever think of myself that way." Which kind of sounds like super-modest B.S., but whatever.

NED EHRBAR/
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David Beckham



metroGOSSIP
**MUST
READ**



Gwen Stefani says having her heart broken has allowed her to write some really incredible music. ALL PHOTOS GETTY IMAGES

Stefani wishes split never happened

RELATIONSHIPS

Singer keeps opening up over divorce from Gavin Rossdale

Ned Ehrbar
Metro | Hollywood



Apparently Gwen Stefani talking to a radio station

about her divorce is a weekly thing now, and this week she's getting much more candid. And get this: Stefani found inspiration to split up with husband Gavin Rossdale by ... listening to her old No Doubt breakup songs.

"I go back and listen to a lot of that stuff and get sick," she tells Washington, D.C.'s 94.7 Fresh FM.

"You look at the song and go, 'that was a red flag and that was a moment where I

was feeling just as bad as I do today and why did I keep it up?'"

As for the divorce itself? She's looking on the bright side.

"I wish it didn't happen. I wish that all this wasn't happening, but it was part of my life journey," she says.

"In my life I've had two really bad heartbreaks, but I've written some really incredible music out of it." See? She really is a big fan of her work.

CHARLIE SHEEN

Martin Sheen in awe of son's courage

The West Wing actor Martin Sheen says he wishes he had the courage of his son Charlie Sheen, who has revealed he's HIV-positive.

Sheen spoke Tuesday during an event at The Ritz-Carlton resort in Naples, Florida, hours after his son's appearance on NBC's Today.

According to the Naples Daily News, Sheen said his 50-year-old son had been working up to the announcement for months with his family's encouragement.

Sheen said that as he watched his son reveal "his deepest, darkest secret, I couldn't believe the level of courage I was witnessing, and that it was my son."

Sheen encouraged support for people struggling with drug and



Martin Sheen

alcohol addictions.

He said he hoped the announcement was "the first day of the rest of Charlie's life as a free man." THE ASSOCIATED PRESS

GOSSIP BRIEFS

Adele doesn't sing about heartbreak, for once

Adele is the queen of heartbreak. When she released Hello a few weeks ago, it teased that her new album would continue her lonely-hearts song trend. But this week she dropped her new single, Water Under The Bridge, and it's about her being happy in love. Adele tells Beats 1 Radio that the song is about her waiting for boyfriend Simon Konicki to treat her badly. But it just didn't happen. "Water Under The Bridge is more like, I'm waiting for him to be horrible but I don't think he's gonna be, waiting for the relationship to end. This is the relationship now that I'm gonna be in. It was quite a ground-breaking moment," she says.

EMILY LAURENCE/METRO NEW YORK

Bieber gets assassinated in Zoolander 2

Canadian pop superstar Jus-



Adele

tin Bieber appears to meet a grim fate in the upcoming Zoolander 2 film. The comedy spoof features an assassin who's out to kill "the world's most beautiful people," and Bieber appears to be one of them. A newly released trailer for the film starring Ben Stiller and Owen Wilson shows Bieber being chased down by an assassin who's on a motorbike. In the next shot, Bieber is apparently injured on the ground, and uses his phone to take a selfie while flashing blue steel. Zoolander 2 is due out in February. THE CANADIAN PRESS

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TECHNOLOGY

These online resources take hassle out of moving, decor

In a connected world, nesting's a lot easier than it used to be. There are apps and websites that streamline many aspects of setting up and dismantling a home.

Whether you're trying to get rid of old stuff, buy new stuff, move stuff or find ways to use your stuff, chances are there's an app (or at least a website) for that.

Note: Some of the services are currently available only in the U.S.

Move it

There was a time when moving out of an old place and into a new one was a daunting logistical challenge, especially for the unorganized or inexperienced.

How do you find a reliable moving company? What do you need to know to prepare and execute a successful move?

Unpakt.com lets you compare more than 600 pre-screened, licensed, local or interstate moving firms, read credentials and

reviews, and book online. Plug in the size of your home, the date you want to move, locations, and any additional needs like storage or extra drop-off stops. You can live-chat with an adviser. There's info and an app for setting up your moving timeline and making an inventory. (unpakt.com)

Move Advisor also helps with an inventory, and calculates how many boxes and furniture blankets you're likely to need, as well as estimating the requisite moving capacity of any truck you're thinking of renting for a DIY move. If you decide to go with pros, you can email your inventory directly to them. An online timeline tracks your to-do list. (moveadvisor.com)

Lose it

For those who want to sell off belongings with minimum inconvenience, Krrb (pronounced "curb") is a classifieds site designed for local and in-person commerce. The company's mission is to highlight "what's right next door, not a billion anonymous results," in order to save time, money and the need for packing, shipping and returns. Users can buy and sell second-hand items, local goods and more. You can join Krrb and set

up your "corner shop" for free, but publishing a listing costs one "credit," which you can buy or earn by doing things like filling out a profile or reviewing the Krrb iPhone app. (krrb.com)

New York-based AptDeco.com was founded by Kalam Dennis and Reham Fagiri as an alternative to Craigslist after they learned that 10.8 million tons of furniture go to landfills each year. They hoped to make it easier to unload unwanted furnishings or find something new. Want to sell that old dresser you got from your uncle? AptDeco provides pricing advice, promotion, picks up the item, and handles the financial transaction. (aptdeco.com)

Decorate it

You could ask your style-savvy best friend for decorating advice, but wouldn't it be nice if a pro was available? Well, for a relatively small fee you can tap into an online brain trust of hundreds of design professionals.

West Elm offers free help with things like designing and measuring a floor plan, decorating, and choosing paint and fabrics. For a fee, they've got pros who can come help with everything from wall-mounting a TV to painting a room to



Home decor items curated by a stylist for U.S. clientele who join The Swatch Box. The batik pillow, below, is a popular item on the home styling site. THE SWATCH BOX VIA THE ASSOCIATED PRESS

hanging shelves, art and curtains. (westelm.com)

Laurel & Wolf, a Los Angeles online interior design marketplace, connects people with interior designers. Upload some photos and answer questions about your space, budget, lifestyle and taste, and you'll receive "First Looks" from several interior designers. You re-

view the ideas and select one designer with whom to work. They send you back a style board, furniture plan, instructions and shopping list.

Kimberly Valente, one of Laurel & Wolf's design partners, recently helped a Santa Monica couple who were moving in together and didn't like each other's stuff. They agreed they wanted a beachy, casual vibe. Valente suggested some kitchen backsplash and counter upgrades as well as new lighting, and a soothing palette of ocean blue and sand. (laureland-wolf.com)

The Fountain app connects you to interior decorators, handymen, gardening experts and tech folks. You can talk over your project by video-chat, and the experts can sketch out ideas on your posted images. (fountain.com)

If you're a member at The Swatch Box, you complete a style-preference survey and get matched with a stylist, who curates a quarterly collection of items for your space and sends them to you — throws, pillows, bedding and entertaining items, for instance. You keep what you want and send back the rest. (theswatchbox.com)

THE ASSOCIATED PRESS





First night in a new place: Forget breaking out the cookware — splurge a little and order in to celebrate, says Apartment Therapy site founder Maxwell Ryan. ISTOCK

TIPS

Moving into a new home? Get some Apartment Therapy

You could be forgiven for thinking that Apartment Therapy isn't exactly beginner-friendly. For as warm and inviting as the popular site is, it pretty much invented the genre of house porn. Each featured space is more gorgeous than the next, right down to the perfectly curated clutter and suspiciously well-groomed dogs.

That said, founder and "apartment therapist" Maxwell Ryan firmly believes that you don't need a master's degree in interior design to create a beautiful, inspiring space of your own. His latest book, *Apartment Therapy: Complete + Happy Home*, starts at the very, very beginning — before you've signed a lease or written a down payment check, when hanging that gallery wall is the absolute least of your concerns.

Want to go home to one of the swoon-worthy abodes featured in the book's second section? Start by taking Ryan's first-stage tips.

1. Shop discerningly

Before you sign anything, pay close attention to the big picture, not simply the space itself. A big red flag for renters? When

the apartment looks nice, but the building's common areas are in disrepair. "This can mean that only the cosmetics of the space are being kept up, but the maintenance of what you can't see might be

lacking and potentially cause problems,"

says Ryan. If you're buying, take a good, long look at both the block and the area.

"Think about the health of the surrounding neighborhood, not just the

piece of property you are considering," he cautions. "How do the homes around the home you might buy look? Are there more than one or two for sale? Are the businesses close by ones that you would consider using? Do they seem like they are thriving?"

2. Move smart

Moving should be exciting, not panic-attack-inducing. To cut down on the stress, plan ahead, and plan for the worst. "Take an extra day or two off from work right around moving day," suggests Ryan. "Last-minute packing will be less stressful, and running errands for the things that you end up needing for the

new place — that always crop up, no matter what — will be much more enjoyable when you aren't rushed or exhausted after a day at work."

3. Decorate slowly

Although moving is a great opportunity to explore your personal style and create a beautiful living space, don't rush anything. "You want to take your time and shop thoughtfully," says Ryan. "It's always best to live in a place for a bit before making any major design decisions or purchases so you aren't tempted to start scooping up things impulsively that might not make you happy long-term." METRO U.S.

TIME WARP

Ryan's advice for furniture shoppers: "The style of a space and the style of your furniture and decor can be opposites," he says. "In fact, sometimes the push and pull between eras is exactly what makes an interior interesting and memorable. Modern furnishings in a room with vintage architectural details is fabulous, just as antique pieces can be in a streamlined, crisp, contemporary home."

the BOWERY

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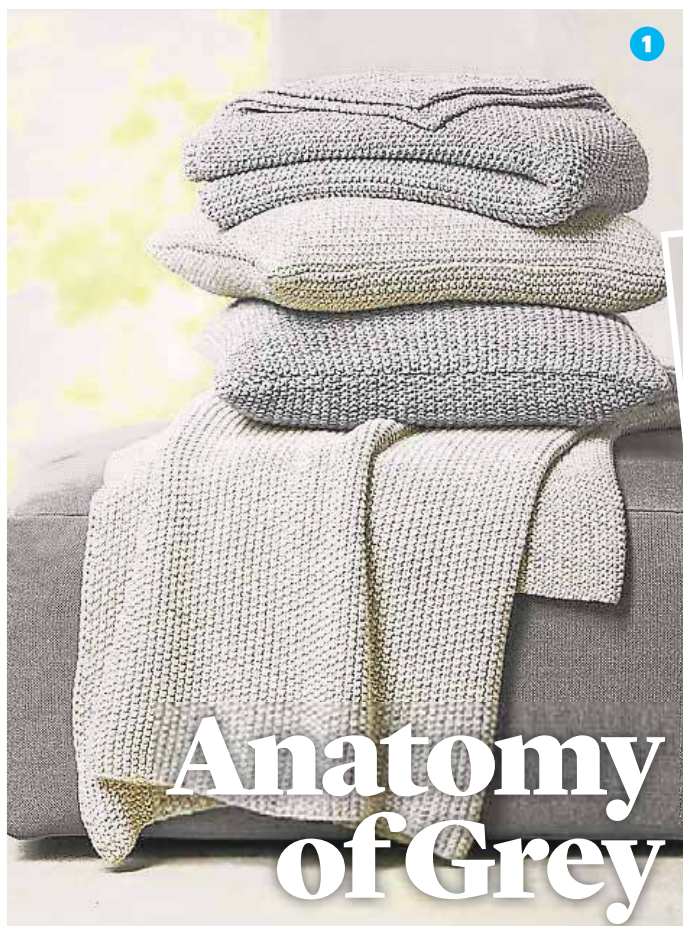
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Anatomy of Grey

We've seen the colour grey take over the fashion and decor world and it has no signs of stopping in 2016. Look for softer versions in popular home accessories for the coming year.

Karl Lohnes
For Metro Canada



1 Fisherman Knit Cushions and Throws

Tone on tone is the way to use the year's favourite neutral. From \$30, Simons.ca

2 Barbara Barry Modern Drape Rod Window Panel, Silver

Pre-made and stylish curtains with crisp, clean lines help to soften windows. From \$80, BedBathAndBeyond.ca

3 Sheridan Grey Kitchen Island

Movable and expandable — there's no excuse not to have a kitchen party this Christmas. \$1,000, CrateAndBarrel.ca

4 Grey Owl OC-52

The perfect neutral colour for those old coloured walls. BenjaminMoore.ca

5 Verismo Silver 600 Brewer

Create your favourite Starbucks beverages with just the touch of a button — and from your own kitchen. \$149, Starbucks.ca

6 Portrait Rubix Ottoman

James Cullen's furniture creation is patterned with the faces of the everyday man. Proceeds raised go to the Michaille Jean Foundation. \$179, EQ3.com

SPONSORED CONTENT

Advance your career goals at the Language Institute

The Language Institute (Algonquin College) helps students improve their language skills to reach their own personal and professional goals.

"Some of our students are foreign trained professionals, who are looking to enter the workforce and need language training," says Silvia Garcia, chair, Language Institute. "Others are young international students wanting to improve

their ESL skills to enter a program of study at the College." When it comes to career development, having both official languages on a resume is an asset. With Ottawa being a government city where both official languages are needed, is a significant reason why the Language Institute is able to assist so many in the community to improve either English or French and reach the desired B

or C levels to work for the government. Learning a foreign language or American Sign Language are important options for professional development in various careers.

The Language Institute is also intended to those adults who wish to become certified ESL teachers and may be looking to work nationally or abroad. "If proficiency testing is what our

students are looking for, we offer IELTS testing for English as well as TFI for French," says Garcia. Flexible times and delivery modes are two options that the Language Institute is instating. Full-time day programs at the Language Institute start on Jan. 4 and part-time language courses begin the week of Jan. 18. For more on the Language Institute, visit algonquincollege.com/language

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Dreaming on a possible deal



THE HOCKEY NEWS

Murray Pam
FOR METRO

When TSN's Darren Dreger reported that Avalanche GM Joe Sakic had recently contacted the Senators to gauge interest in possibly acquiring centre Matt Duchene, wheels started spinning.

It's no secret Senators GM Bryan Murray would like to add a top-six forward. Murray has said as much publicly on several occasions.

At age 24, the NHL's first star last week with eight points in three games, already has four 20-plus goal campaigns under his belt. And if not for the lockout shortening the season to 48 games, Duchene undoubtedly would have added another in 2013.

A player of Duchene's ilk commands a high return, especially when he's only 18 games into a five-year, \$30-million deal.

Putting on my GM fedora for a moment:

The Senators will have to part with a No. 1 pick; a player such as Cody Ceci or Mika Zibanejad, depending on Avalanche needs, plus

a prospect. Shane Prince or Matt Puempel immediately come to mind. Mikael Wikstrand who remains in Sweden under team-imposed suspension is also a trade candidate.

However, risk-reward moves are seldom completed. Why? Each club is afraid it'll haunt them down the road.

While the report lends intrigue, it's not known which player(s) Sakic may have called upon. Quite possibly, the Hall of Famer may have contacted Murray, advising him Duchene was heading for the trading block.

The Avalanche are last in the Central Division and attendance is down. Sakic and coach Patrick Roy are looking to make a drastic change, at the same time saving on salary.

Question is this ... As much as Murray wants another addition to his top-tier of forwards, do the Senators truly require one? The answer rests with the

long-term health of Clarke MacArthur. Suffering his second concussion since February, it's unknown when or whether he'll return.

If MacArthur is sidelined come the trade deadline, Murray will likely shore up the club's forward depth at that point.

Many Sens fans and pundits argue that procuring a top-six forward should be at the bottom of the GM's to-do list.

Consistency among Senators defensive pairings has been the team's bane this season.

Beyond the duo of Erik Karlsson and Marc Methot, the remaining blue-liners have been relatively inconsistent — Chris Wideman being the only exception, though he's played only seven games.

While there are rumblings the GM is looking to add to the D-man corps, there doesn't appear to be anything brewing on the immediate front.

It's no secret Senators GM Bryan Murray would like to add a top-six forward. Murray has said as much publicly on several occasions.



Matt Duchene is a logical target for the Senators, if GM Bryan Murray follows through on his wish to add some offensive punch to the team. PATRICK SMITH/GETTY IMAGES

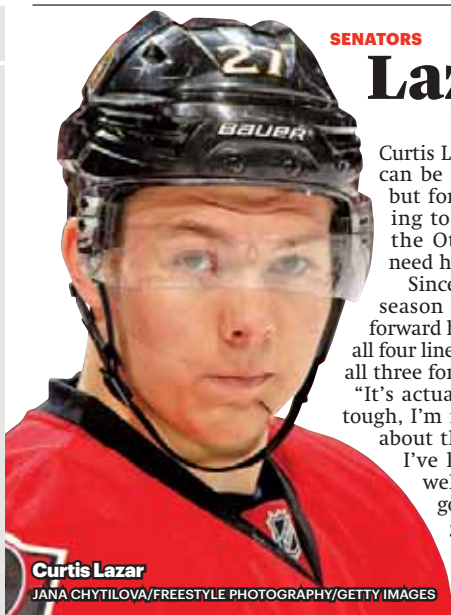
NHL IN BRIEF

New look for all-star game

Anyone watching the NHL all-star game in recent years knew it was broken, so the league and players are trying something different to fix it.

A 3-on-3 tournament featuring teams from the four divisions will replace the traditional game at the 2016 NHL all-star weekend in Nashville in late January. The new format was to be officially announced Wednesday night.

The change, which required approval from players, drew positive reviews around the league based largely on how unpopular the old format was. THE CANADIAN PRESS



SENATORS

Lazar still looking to find his groove

Curtis Lazar believes he can be an NHL centre, but for now he's willing to play wherever the Ottawa Senators need him.

Since the start of the season the 20-year-old forward has seen time on all four lines and has played all three forward positions. "It's actually been pretty tough, I'm not going to lie about that, but I think I've handled myself well," he said. "I'm going out there regardless which shift, who I'm out there with or what position wanting

to try and make a difference.

"That's kind of my mindset going ahead. I've felt I've done that, especially the last couple of games. I'm feeling better with the puck, I'm skating more, it's coming. I'm getting that confidence back because it does take some time to find your place."

Senators general manager Bryan Murray has been pleased with Lazar's play, but admits the situation isn't ideal.

"I don't know that we're being fair to him totally, playing centre, left wing, right wing, not having a niche right now

on the hockey team other than he's in the lineup every night," said Murray. "He does kill penalties and he's getting

2

Number of goals Curtis Lazar has scored this season — a number that doesn't reflect the quality of his play.

on the power play a bit, but, like Curtis, at some point in the very near future we want to find a spot for him and let him develop to be the hockey player we think he's going to be."

Drafted 17th overall in 2013, Lazar understands there are certain expectations of him and that most fans who look at his two goals are probably disappointed, but Lazar believes he's played well

enough to earn the trust of head coach Dave Cameron.

"Dave has relayed the message to me that's he's confident in me to get the job done whether I'm at centre, left wing or right wing. I'm playing on my off-wing right now. That's a tough thing to do in this league, but as a 20-year-old who still only has under 100 games experience it's tough so I take it with a grain of salt. I've always been a guy that says things happen for a reason so just be positive moving ahead."

Ideally Murray would like for Lazar to have a set spot in the lineup in order for him to gain some experience, but says it's just not that easy right now.

THE CANADIAN PRESS

D-line issues leave Ticats clawing to cover Burris

CFL

Norwood's injury means Hamilton has shuffling to do

Once again, Orlando Steinauer has some shuffling to do.

Defensive end Eric Norwood is doubtful Sunday when the Hamilton Tiger-Cats visit the Ottawa Redblacks in the East Division final. Norwood reportedly suffered a season-ending knee injury in last weekend's 25-22 home win over the Toronto Argonauts in the conference semifinal.

The loss of Norwood is huge for Hamilton. The six-foot-one, 252-pound lineman had seven sacks, one interception and two fumble returns for TDs this season.

But Steinauer, Hamilton's defensive co-ordinator, has become rather adept at juggling his defensive line. Canadian defensive linemen Linden Gaydosch, Brian Bulcke, Evan Gill and Hasan

Hazime and American Adrian Tracy are all on the injured list.

"Yeah that was a big blow, I'm not going to sugar-coat that," Steinauer said. "But they're going to kick off so we move on."

"We'll put a different lineup out there but it won't affect our hearts and how hard we play."

With Norwood sidelined, sophomore Arnaud Gascon-Nadon, a Montreal native, is expected to start against Ottawa. Steinauer wouldn't confirm that but defensive tackle Ted Laurent said the former Laval star has the confidence of his teammates.

"We (defensive line) have been though a lot," said the burly Laurent, also a Montreal native and Hamilton's top Canadian award nominee the last two years. "Wood is down but Gascon-Nadon is going to step up and I believe will get the job done."

The Ticats also have Michael Atkinson, a six-foot, 312-pound native of Windsor, Ont., in his



+ DETAILS

EAST DIVISION FINAL

Redblacks vs Tiger-Cats
Sunday 1 p.m. ET
TD Place Stadium, Ottawa

third CFL season with Hamilton.

"They (Gascon-Nadon and Atkinson) have a different skill-set than the other guys and it also allows you to play an extra American somewhere else in the defence," Steinauer said. "There's a lot of flexibility that they bring along with their own individual skillsets."

Hamilton's defence faces a stiff challenge trying to contain a high-powered Ottawa offence led by quarterback Henry Burris. The 40-year-old is a finalist for the CFL's outstanding player award after registering a league-record 481 completions, league-high 5,703 yards and a career-best 70.9 completion percentage.

Burris also anchored the CFL's top aerial attack (322.6 yards per game) and was 28-of-37 passing for 368 yards and six TDs in Ottawa's season-ending 44-28 home win over Hamilton. The Redblacks not only swept the season series 2-0 but finished first in the East Division after managing just two wins in their inaugural 2014 campaign.

"He's having an outstanding



Henry Burris is having a fine season TODD KOROL/GETTY IMAGES

season, probably is the MVP of the league," Steinauer said of Burris. "He's in an offence now where he's comfortable, he's got the strongest arm, in my opinion, still in the league, his durability speaks for itself and he still can run with the ball."

Laurent said the key for Ham-

ilton's defence is getting consistent pressure on Burris.

"As far as the front seven (is concerned) we've got to get to him," Laurent said. "We can't let him sit there and let him tear us apart like he did the last game."

"We've got to find a way to get to him." THE CANADIAN PRESS

CURLING

Debated brooms swept aside

The World Curling Federation has extended a ban on controversial broom heads to all events for the 2015-16 season.

Olympic gold medalists Brad Jacobs, Brad Gushue, Jennifer Jones and former world champion Glenn Howard were among 50 Canadian and international teams who signed a statement released Oct. 14, saying their teams will not sweep with broom heads that have "directional fabric."

Coarse material on the broom heads creates a sandpaper effect on the ice and with it, sweepers have been able to manipulate the rock's trajectory in ways they never could before.



The primary objective of this moratorium is to ensure a fair and level playing field.

WCF statement

Fearing that throwing accuracy and athleticism would be diminished, the curlers said they want to protect "the integrity of the game" in refusing to use the brush heads.

The WCF has outlawed both fabric that has been "textured, sealed or modified from its original woven form" and hardening or stiffening inserts in the brush head, according to a statement released Wednesday. Brush heads constructed of fibres that had waterproofing applied before woven into material will be allowed, however. Only sweeping equipment sold retail to the public as of Nov. 17, 2015, and not modified will be allowed.

THE CANADIAN PRESS

MLB

Arrieta and Keuchel take down Cy Young awards

Houston Astros lefty Dallas Keuchel beat out Toronto Blue Jays ace David Price for the AL Cy Young Award on Wednesday, while Jake Arrieta of the Chicago Cubs topped

Dodgers stars Zack Greinke and Clayton Kershaw for the NL honour.

Keuchel got 22 first-place votes from the Baseball Writers' Association of America for 186 points.

David Price drew eight first-place votes and 143 points for

his split season with Detroit and Toronto and Oakland's Sonny Gray finished third. Keuchel led the AL in wins, going 20-8 and helping Houston reach the playoffs for the first time since 2005.

The bearded 27-year-old with a dominant sinker and sharp slider had a 2.48 ERA and 216 strikeouts. Price went

18-5 with a 2.45 ERA and 225 strikeouts.

Traded from Detroit to Toronto in late July, he was a key reason the Blue Jays made their first playoff appearance since 1993. Keuchel became the first Houston pitcher to win the Cy Young since Roger Clemens in 2004, and the first to do it since the Astros joined

the AL. In what was expected to be a tighter three-person race, Arrieta got 17 first-place votes for 169 points. Greinke drew 10 first-place votes and had 147 points. Kershaw had the other three firsts and 101 points.

THE ASSOCIATED PRESS

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RECIPE One-Pot Chicken Cacciatore



PHOTO: MAMA VISIONE

Ceri Marsh & Laura Keogh
For Metro Canada

This updated hunter's stew smells and tastes like it's been bubbling away on the stove for hours but only takes half an hour.

Ready in
Prep time: 30 minutes
Serves 4

Ingredients

- 1 Tbsp olive oil
- 4 boneless, skinless chicken thighs
- Salt and pepper
- 1 lb mushrooms, cleaned, trimmed and sliced
- 3 cloves of garlic, minced
- 1 Tbsp rosemary, minced
- 1 x 19 oz canned whole tomatoes
- 1 x 15 oz canned cannellini beans, rinsed and drained
- Salt and pepper to taste

Directions

1. Pour oil into a large Dutch oven or pot over medium heat. Slice the chicken thighs into about four pieces each and season them with a good pinch of salt and pepper. Working in batches, brown the meat. Don't worry about cooking it through. When the meat is brown, set it aside on a clean plate, drain off all but 2 Tbsp of fat.
2. Reduce heat slightly and toss in mushrooms. Once they've cooked down, about three minutes, add the garlic and rosemary and sauté for another minute.
3. Now add your tomatoes and beans. Use the back of a wooden spoon to break up the tomatoes. Add the cooked chicken pieces and allow everything to simmer for about 15 or 20 minutes. Taste to check seasoning and add salt and pepper to taste.

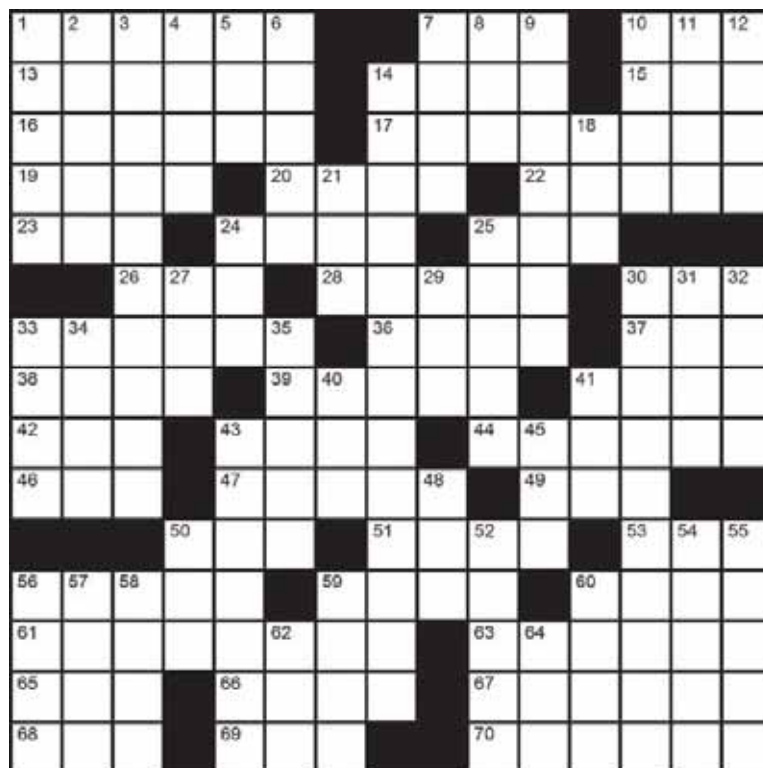
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. As per #43-Down... Reward for those amongst us who got neither #3-Down, Gold, Silver nor Bronze: 2 wds.
7. Brit-style mother
10. Utah's capital [acronym]
13. Wife of Alexander the Great
14. Throw ___ loop
15. Optima car maker
16. Chicago or L.A., e.g.: 2 wds.
17. Standing ___ (One of the tests in #43-Down)
19. 'Game' suffix
20. Garden of ___
22. "___ Touch This" by MC Hammer
23. Mr. Mineo
24. ___ (British glam band)
25. Chart-topper
26. Ms. Thompson
28. Bee Gees' "Night ___"
30. "Murder, ___ Wrote"
33. Boll ___ (Type of beetle)
36. ___ of reality
37. Perfect rating
38. Ms. Hathaway
39. Singer, Faith ___
41. Desert's weather
42. 700 to Caesar
43. Impartial
44. Cowboy flicks
46. "Aaaii-!!!" (Cartoon shriek)
47. "___, I saw, I conquered." = "Veni, vidi, vici." (Julius



- Caesar's boast)
49. Bitty
50. Utmost, numbers-wise
51. Pull along
53. Trail
56. French ___ soup
59. Ancient region of Europe
60. Identical
61. Joined up:

- 2 wds.
63. Three-horsed Russian carriage
65. Luanda is its cap.
66. Smelting waste
67. Apple variety
68. "Awesome!"
69. Rest in a recliner
70. Parthenon's

place

DOWN

1. Architectural framework
2. Landscape garden plant
3. Top badge in the program at #43-Down, Award of ___
4. Match
5. Chg. card percentage
6. Negative response giver, say
7. Satellite
8. Large vase
9. "Jerry ___" (1996)
10. Gull-like bird
11. Outline
12. Hook or Cook's li'l title

14. Another of the tests in #43-Down: 3 wds.
18. Railway crossing [abbr.]
21. ___ Leppard
24. Cocktail, Mai ___
25. "___ Fine" by The Chiffons
27. Lady at #20-Across
29. Maria Trapp connector
30. Savvy, like an urbanite
31. ___ to the throne
32. Remnants
33. Walk in shallow water
34. 'Refer' suffix
35. "Lifestyles of the Rich and Famous" host Robin
40. By
41. 'Deterior' suffix
43. Canada ___ Award (Program for students of the 1970s and 1980s testing speed, strength, endurance and agility)
45. Cobbler's tool
48. Perrier, par exemple
50. Oui's opposite
52. Prefix to 'violet'
54. Singer, Clay ___
55. Irksome insects
56. "___!" (American anthem opener)
57. Songstress Ms. Simone
58. Mr. Pop of punk
59. Rocky Mountains animal
60. "Nonsense!"
62. Gladiator's 551
64. Boring routine

★ IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
You may sympathize with a friend's problems but it is not your job to fix them. Sometimes it's better to let others find their own way — this is one of those times. Only step in if things really start to get bad.

Taurus April 21 - May 21
It would be nice if you liked everyone and never got angry but you are not that kind of person, so if someone gets under your skin make a point of avoiding them.

Gemini May 22 - June 21
It may seem as if you do not deserve the good things coming your way but it isn't true. That's why certain people are upset: deep down they know you are better than they are.

Cancer June 22 - July 23
You are not a trivial person so don't do or say trivial things. It may be tempting but why lower yourself? You don't need to come down to someone else's level to make a point: their own negative attitude is punishment enough.

Leo July 24 - Aug. 23
Let others know what you're worth. Your talents do not come cheap. Some may say your price is too high but they still require your services.

Virgo Aug. 24 - Sept. 23
The more you push yourself the less you are likely to achieve, so give yourself some breathing space. There are times it is hard to make an impression and this is one of them.

Libra Sept. 24 - Oct. 23
Do something on the spur of the moment today — it will be fun. Everyone may not approve but you enjoy being different.

Scorpio Oct. 24 - Nov. 22
Try not to get too emotional about something that you would usually dismiss. Also, don't be afraid to cut your losses if they are getting too big: the longer you hang on the bigger they are likely to get.

Sagittarius Nov. 23 - Dec. 21
Let off some steam and don't worry if others object. They have only themselves to blame for leading you on and believing they could get away with it. You are not the type to let bad deeds go unpunished.

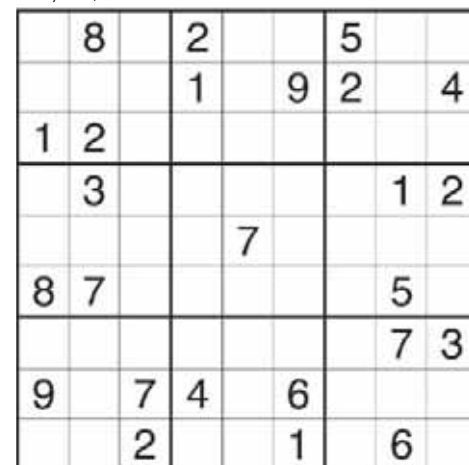
Capricorn Dec. 22 - Jan. 20
Try not to take anything too seriously today. You are dealing with forces that are too big to control or change. Accept your current situation for what it is and go with the flow.

Aquarius Jan. 21 - Feb. 19
If you let your feelings get the better of you today it will cause more than a few problems further down the line. Aim to put logic ahead of emotion.

Pisces Feb. 20 - March 20
The grass may look greener on the other side of the fence but you are advised not to make changes just yet. Wait until the Sun changes signs on the 22nd before making your move — you may find that you don't have to after all.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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\$343,300

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\$363,200

Kinghurst C
1,785 sq. ft.
Lot 44 332 Hepatica Way

~~\$398,900~~
\$368,900

Fitzroy B
2,278 sq. ft.
Lot 86 719 Magnolia Street

~~\$444,800~~
\$429,800

Fitzroy C
2,278 sq. ft.
Lot 90 716 Magnolia Street

~~\$457,400~~
\$442,400

mintoavalon.com



SALES CENTRE – 2370 TENTH LINE ROAD, ORLÉANS

Mon-Thurs: 12pm to 8pm | Friday: Closed | Weekends & Holidays: 11am to 6pm

Offer valid on select units. B. & G.E. Prices and specifications are subject to change without notice. Restrictions apply.